
















# Canyonlands

**National Park Service**  
**U.S. Department of the Interior**

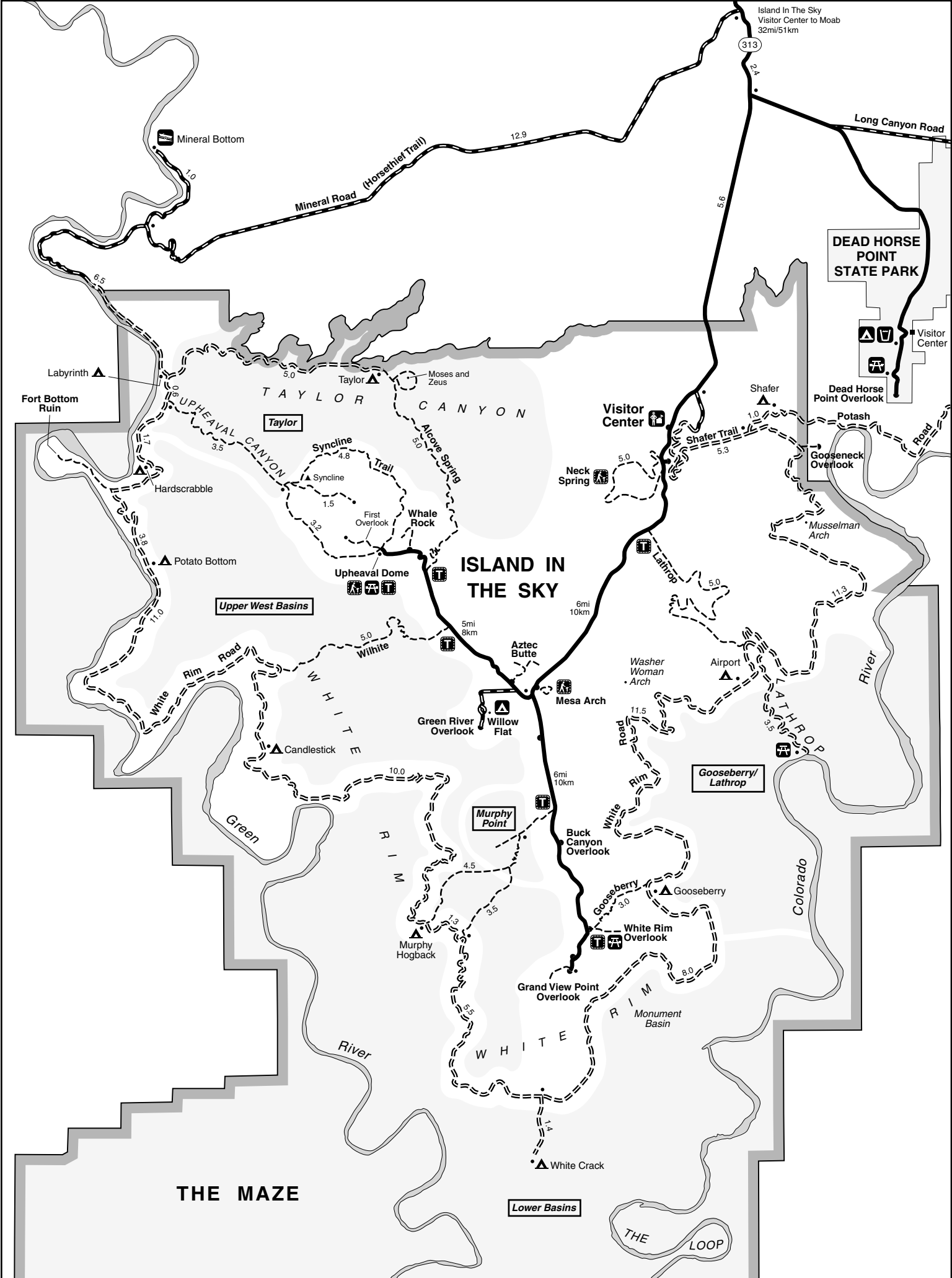


# Canyonlands National Park

# Island in the Sky District Trails and Roads

	Paved road/ Pull out		High-clearance, 4-wheel-drive road		At-large Backpacking Zone		Boat launch		Developed Campground		Water available
	Unpaved 2-wheel-drive road		Hiking Trail		Name of Backpacking Zone		Ranger station		Backcountry Vehicle Camp		Self-guiding trail
							Picnic area		Designated Backpacking Site		Backcountry Trailhead Parking

NOTE: White shading within Canyonlands National Park indicates areas with designated site camping only.



<b>Interpretive Activities</b>	<b>Visitor Center</b> Open daily as follows: mid-March to late October, 8 a.m. to 6 p.m.; late October to mid-March, 8 a.m. to 4:30 p.m. Exhibits, information, backcountry permits, video presentation, booksales, and water. Call (435)259-4712, x10 to verify hours.  <b>Self-Guiding Trail Booklets</b> (.50 cents each) Available for Neck Spring, Mesa Arch, and	Upheaval Dome Overlook trails. Obtain booklets at trailheads or the visitor center.  <b>Interpretive Talks and Guided Walks</b> Presented daily March through October. Locations, times, and topics vary. A program schedule and description of activities is posted at the visitor center, campground, and entrance station.
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<b>Hiking Trails</b>	Trails are marked with cairns (small rock piles). Please do not disturb existing cairns or build new ones. Signs are located at trailheads and intersections. All trails leading below the Mesa Top are primitive and rough; carry and know how to use a topographic map. No potable water is available along any of the hiking trails.  <b>Traveling With Pets</b> Pets are not allowed on any hiking trails or in the backcountry. Pets may not accompany you in your vehicle on four-wheel-drive roads. Pets may be walked along paved	roads, in parking lots, and at Willow Flat Campground, but must be on a leash at all times. Protect your pet from heat exhaustion: do not leave your pet unattended in a vehicle during hot weather.  <b>Backcountry Reservations</b> Canyonlands National Park Reservation Office 2282 S. West Resource Blvd. Moab, UT 84532 Phone: (435)259-4351 Fax: (435)259-4285 <a href="http://www.nps.gov/cany/reserve.htm">www.nps.gov/cany/reserve.htm</a>
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	Round-Trip Distance	Round-Trip Hiking Time	Elevation Change	Description
<b>Mesa Top (Easy Trails)</b>				
Mesa Arch	0.5mi / 0.8km	30 minutes	100ft / 30m	mornings best, arch on cliff edge
Murphy Point Overlook	4mi / 6.4km	2 hours	100ft / 30m	panoramic view w/Henry Mtns.
White Rim Overlook	1.8mi / 2.9km	1 hour	25ft / 8m	view of potholes, White Rim Road
Grand View Point	2.0mi / 3.0km	1.5 hours	50ft / 15m	panoramic view along cliff edge
<b>Mesa Top (Moderate Trails)</b>				
Neck Spring	5.8mi / 9.3km	3 - 4 hours	300ft / 91m	springs, evidence of ranching
Aztec Butte	2.0mi / 3.0km	1.5 hours	225ft / 69m	steep slickrock to top, grainaries
Whale Rock	1.0mi / 1.5km	1 hour	100ft / 30m	bare slickrock, good views
Upheaval Dome				
to first overlook	0.8mi / 1.3km	1 hour	50ft / 15m	view into crater
to second overlook	1.8mi / 2.9km	1.5 hours	200ft / 61m	crater & upheaval canyon view
<b>Mesa Top to White Rim (Steep &amp; Strenuous Trails)</b>				
Lathrop				
to White Rim Road	13.6mi / 22.8km	5- 7 hours	1600ft / 488m	views of Colorado River & LaSals
to Colorado River	21.6mi / 34.6km	overnight	2000ft / 610m	river access, cottonwoods
Murphy Loop	10.3mi / 16.5km	5 - 7 hours	1400ft / 427m	panoramic view from hogback
Gooseberry	5.4mi / 8.6km	4 - 6 hours	1400ft / 427m	views of cliffs & LaSal Mtns.
Wilhite	12.2mi / 19.5km	6 - 8 hours	1600ft / 488m	slot cyn across White Rim Road
Alcove Spring	11.2mi / 17.9km	6 - 7 hours	1300ft / 396m	large alcove, views of Taylor Cyn
Syncline Loop	8.3mi / 13.3km	5 - 7 hours	1300ft / 396m	canyon hiking, some shade
Upheaval Crater spur	3mi / 4km	2 hours	350ft / 107m	some scrambling over rocks
Upheaval Canyon spur	7mi / 11.2km	3 - 4 hours	400ft / 122m	sandy hike along wash bottom
<b>Trails along the White Rim Road</b>				
Gooseneck Overlook	1.0mi / 1.5km	30 minutes	50ft / 15m	excellent view of Colorado River
Fort Bottom Ruin	4.0mi / 4.0km	2 hours	500ft / 152m	tower ruin from ancient times
Moses and Zeus	1.0mi/1.8km	1 hour	500ft / 152m	views of Taylor Cyn, climbing routes



**Protect Your Park**

- Pets are not allowed on hiking trails or on four-wheel-drive roads, even in a vehicle.
- Do not enter, alter, damage or deface archeological sites. Do not collect artifacts.
- Vehicles and bikes must stay on roads.
- ATVs are not permitted.
- Protect cryptobiotic soil crusts by staying on trails and roads.
- Permits are required for all overnight backcountry trips.



**Protect Yourself**

- Drink at least one gallon of water each day.
- Always carry a topo map, adequate clothing, and a flashlight.
- Remain in one place if you become lost or separated from a group.
- Never cross a canyon that is flooding.
- During lightning storms, avoid lone trees, cliff edges and high ridges. Return to your vehicle if possible.
- Be careful near cliff edges, especially when rock surfaces are wet or icy.